

# Of Interest to Every Woman

Edited by Martha Westover

**A Line of Cheer**  
Each Day of the Year



**THE GOLDEN TREASURY**

Take my possessions if you will,  
Take every one you find, and still  
I'll smile.

The while,  
For of my stores the richer part  
Are those so deep within my heart  
No creditor can hope to pry  
Into that Golden Treasury.

Jan. 20

**The Great Trials of History**

**The Trial of Guy Fawkes.**



The Gunpowder Plot of 1604 was one of the most villainous conspiracies ever conceived, and had Guy Fawkes and his confederates succeeded, England would practically have become depopulated of its government. Although the name Fawkes is most familiarly associated with this plot, the originator was Robert Catesby, a gentleman of ancient family. Having resolved in his own mind a project for destroying at one blow the King, Lords and Commons, Catesby communicated it to Thomas Winter, a gentleman of Worcestershire, who at first expressed great horror, but was afterwards induced to co-operate in the plot. Winter it was who secured the assistance of Fawkes, a gentleman of good family, but actuated by a spirit of ferocious fanaticism.

Other confederates were gradually added, and in a secluded house in Lambeth, south of London, were taken. Thomas Percy, a distant relative of the Earl of Northumberland, agreed to hire a house adjoining the building where the Parliament met, and it was resolved to undermine and blow up the legislature by carrying a mine through the wall.

Preparations for this dastardly plot were completed about the month of May, 1605, and the time fixed for carrying out the conspiracy was set for October 3, the day upon which the legislators should meet. Parliament, however, was not opened until two days later.

The plot was discovered upon the eve of its being carried out, by one of the conspirators turning traitor. Sir Thomas Knevet, a Westminster magistrate with several attendants, visited the cellar, seized Fawkes at the door, and carried him off to Whitehall, where, in the royal bedchamber he was interrogated by the King and council, and there was conveyed to the Tower.

Upon hearing of Fawkes' arrest, the remaining conspirators, with the exception of Tresham, fled from London to the place of rendezvous in Warwickshire. They were overtaken there at the mansion of Holbeach, where Catesby and three others, refusing to surrender, were slain. The remainder, taken prisoners in different places, were carried to London, tried and condemned, with their associates, Guy Fawkes.

When Fawkes was placed on trial and was asked by the King if he was not sorry for his attack on the royal family, he replied that "a desperate deed requires a desperate remedy," and he said he was sorry for nothing but

## KEEPING WARM

### WHEN YOU SLEEP

**BY FRANCES MARSHALL.**

Most of us manage to keep warm during the day. Exercise and glowing fires both tend to keep us comfortable. But many of us face a problem when we try to keep warm at night, with the bedroom windows wide open and the steam turned off, as it often is, to make the bedroom air crisper and clearer.

Here are a few suggestions about keeping warm at night:

**Start Right.**

Go to bed warm. If you get into bed cold you will often lie awake, uncomfortably restless, for half an hour until you have become warm. One way to get warm is to go through a little series of exercises every night shortly before bedtime. Work at these exercises until your skin is glowing. Then get into bed as fast as you can.

A warm bath generally gets the body hot. If it is taken in a warm room. But great care must be exercised on going from a warm bath in a warm bathroom to a cold bedroom. However, if you are chilly, take a hot bath before going to bed. Take it in a warm room. Dry the skin thoroughly and then don a thick, warm dressing or bath robe. Get into a warm bed in a cool room. Especially when you have become chilled, it is well to go to bed in a room that is cool. It is then possible to gauge the amount of covering much more accurately than when you go to bed in a warm room, after turning off the steam and opening wide the windows.

**Warming the Bed.**

The good old days of the warming pan had some advantages even over the present day of hot water bags and electric warming pads. For warming pans held the heat a long time and were used so regularly that they were considered a bedroom necessity. Nowadays not much attention is paid to warming the bed. A hot water bottle or an electric heating pad might well be put in between the sheets half an hour before bedtime to take off the chill.

A hot brick can also be used. Put bricks in the oven for two hours. Then carefully put them in a envelope made of outting flannel, lined with bed ticking and interlined with asbestos.

Woolen sheets can be used to advantage in very cold rooms or on sleeping porches. These make the bed twice as warm as that on which cotton or linen sheets are used.

A blanket laid on the springs, between them and the mattress, keeps out a lot of cold. An extra blanket spread across the lower part of the bed and folded under the mattress as far as it will go helps to keep the feet warm.

Outing flannel or eiderdown boots, that fasten snugly about the ankles, do much to make sleeping in a cold room comfortable.

**Long Hair**

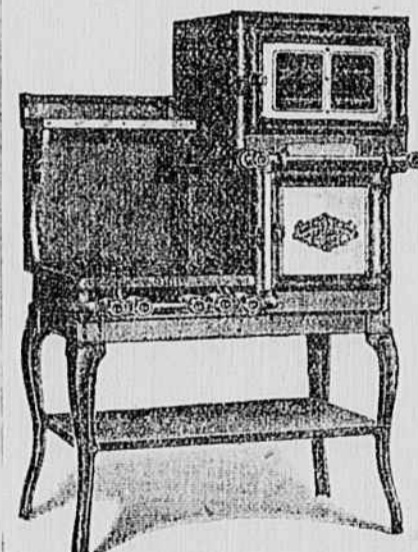
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**An Elegant Dressing Makes Hair Grow**

**Ayer's Hair Vigor**

**DOES NOT COLOR THE HAIR**

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## WOMEN WHO WIN IN TRADE

Marian Cruger Coffin, Landscape Architect.

**BY ISABEL STEPHEN.**

Although the profession of landscape architecture has been followed by many women in the past few years, there are only two women members of the American Society of Landscape Architects who are practicing landscape architects—Miss Marian Cruger Coffin and Miss Bessie Jones, to whom belongs the credit of being the pioneer.

The profession is surrounded by a glamour that appeals to all women who are fond of outdoor life, but the work is not a glamorous work that is necessary for success soon weeds out all those who enter the field with an idea that landscape gardening is only a pretty, romantic career.

The work of Miss Coffin, who is of New York birth, is widely known, and in an interview last week she gave a most interesting account of her work and the preparation necessary for a successful career in this line.

"Landscape gardening is a comparatively new profession for women," she said, "and people do not realize the amount of time and money that is necessary for the fundamental knowledge required. I am besieged by applications of girls who imagine that they could make good as landscape gardeners, but they don't want to put in the years of hard work necessary for preparation."

"I have a friend who has gone into landscape gardening. No, she hasn't studied, but she thought she would do the work. I have often heard people say and I wonder what sort of work she is doing. For to be a landscape architect one must have a knowledge of architecture, engineering and, of course, horticulture, with taste and good executive ability."

"The landscape architect shares with the architect the designing of homes, fits the part called the house to the surrounding parts, plans the necessary approaches and works out such appropriate changes in the surrounding scene as her taste and experience suggest. She must thoroughly understand the meaning of the word landscape, know the meaning of a boundary and topographical survey, how to lay out a road and work up the profiles and cross sections of it, how to calculate quantities for grades, plan excavations, etc."

"I went to the Massachusetts Institute of Technology in Boston, where I received a very good preparation. I studied all these subjects for three years. When I was there I was interested in the work seriously. But I did not find a man willing to take me. So I just had to start out for myself. Women are handicapped in this way, for men do not take women's interest in the work seriously. But in a way it is an advantage, for she learns to stand alone and take the initiative."

"I rented an office and sent cards to all my friends. The first work I got came through the suggestion of Miss Jones from Guy Lowell, who has just won the competition for the city court-house. Gradually my clientele increased. People who liked my work told their friends about it. But it takes time for reputation to grow, and until you have a reputation people will not trust you with large things. In landscape architecture people have to trust you. It is not like painting a picture where your patron sees the work growing before his eyes; nor like the architect's work in building the house which can be finished in a comparatively short time. It takes time and years to develop a country estate, and the construction and grading of ground cost so much more people see any results."

"My work takes me all the way from New England to the West. It is necessary first to go and look at the estate and see what is the best way to develop it. I never go with any preconceived idea. Then I work out a plan for the place which will make it as beautiful as possible. I cannot, of course, create a magnificent view, but I can plant beautiful screens and backgrounds that will be interesting at all seasons of the year. I have to do this year after year. It is not like painting a picture where you can put it away where your patron sees the work growing before his eyes; nor like the architect's work in building the house which can be finished in a comparatively short time. It takes time and years to develop a country estate, and the construction and grading of ground cost so much more people see any results."

"I present I am developing an old place in Kentucky, which was once a great estate and has been run as a fashionable Colonial house with separate slave quarters, with a half mile entrance drive. It is a question here of keeping the spirit of the house in accordance with the reconstruction. I arrived from there this morning and had worked up to the last minute before the train left. Immediately on arrival I had to attend to my work which was a great deal of work. I am preparing for a trip in the opposite direction. A landscape architect must have great physical endurance, for she must be able to supervise many places at once and be continually on the go during the rush seasons of spring and autumn. One of the places on Long Island on which I am working at present is quite unusual. The owners selected the place because of its ideal location, and they engaged me to so arrange the grounds with the native trees, shrubs and wild flowers as if the house had been placed among them. This is an informal garden and will be very interesting as well as uncommon."

"Other people want formal gardens with lawns, orchards, etc. One of my most interesting places is an estate down in Kentucky which embraces wooded hills. Here it is a question of getting the house in the best location and setting the ground in good relation to the house, arranging place for garage, entrance avenues, etc."

"It is most interesting work, one day working on the rugged coast of New England, the next speeding down to superintend the work on some place down South, or out West."

"Women have little chance in competing for public places because politics has much influence in the granting of a contract by the city, but there is plenty of private work for the women who can do it. However, no woman should enter this work who has no financial capital. She must be financially independent before she can start out for herself. She will have to work without salary for several years while getting experience, and if she chooses to work in some man's office the outlook before her is only a salary ranging from \$15 to \$25 a week, unless in unusual instances."

## ENTREES AND CROQUETTES

### Salmon Croquettes or Chops.

One can salmon, one-quarter cup of milk, one dessertspoon of cornstarch, with a little cold water; stir it in the milk. Put this on the stove; when it is hot put in the salmon and boil all together until thick; shape, drop in cracker dust and then drop in boiling lard and fry a nice brown or shape like a mutton chop, using a piece of celery for the bone; dip in cracker dust and fry same way. If you have no celery, place of macaroni will do for the bone.

**Crab Croquettes.**

One dozen picked crabs; boil three-quarters pint of milk; to this add three tablespoons of flour, two of butter and the yolks of three eggs, salt and pepper to taste. When hot, stir in the crabs and when cool proceed as in the other croquettes.

**Salmon Croquettes—Plain.**

One can of salmon, liquor and all, salt, pepper, dry mustard and celery seed to taste; also a very little vinegar. Mix all these with cracker dust until it is stiff enough to mold. Make small croquettes, roll in cracker dust and egg and fry a nice brown. Good either hot or cold.

**Plain Croquettes.**

Two ounces of butter, one tablespoon of cornstarch, mixed together; put in a saucepan and stir until as thick as mush; add one cup milk, salt and red pepper to taste; then stir in three-quarters pound of any kind of cooked, chopped meat. When cold, mold; dip in egg and cracker dust, then in boiling lard and fry a nice brown.

**Good Chicken Croquettes.**

One good sized boiled chicken. Chop the meat as fine as possible, add salt and pepper; put in a porcelain kettle a light one-half pound of butter, one tablespoon of cornstarch and one ounce of flour and let all melt together. In another saucepan put one pint of sweet milk, rind of one lemon, paring of one good sized onion, and let it come to a boil; then strain out the lemon peel and onion. Now put the saucepan with the melted butter and flour in it on the hot part of the stove; pour in the milk, stirring rapidly to prevent it from burning; when half the milk is in it, stir a few minutes before adding the rest. Have on a plate two eggs, broken, not stirred; a bunch of parsley, chopped fine, a dash of red pepper and a little lemon juice; beat this rapidly into the paste formed of the milk and butter until it is all hot, stirring all the while. Now mix the mixture with the sides of the kettle. Pour this over the chicken, stirring all together and let cool. Shape, dip in the yolk of an egg, to which add the mixture of flour and cornstarch, then in cracker dust. Fry a light brown in boiling lard.

**WHITE ICING**

Three Ways of Making it for Pound and Other Cakes.

Boil one cupful of finely granulated sugar with one-third cupful of hot water, to which add one-fourth teaspoonful of cream of tartar, is dissolved without stirring, until the syrup takes on a shewer will thread or rope. When it is at that point, beat one egg white stiff and pour the boiling syrup over the egg in the stream, beating well. When it thickens and is perfectly smooth pour it over the cake. It hardens quickly and should be put on the cake before it stiffens enough to drop.

One egg white, one teaspoonful of lemon juice, one cupful of powdered sugar. Beat together for five minutes or till it begins to thicken. Spread over the cake and give it time to harden. For pink frosting beat in a few drops of dissolved pink gelatin.

One cupful of powdered sugar, one tablespoonful of cornstarch, two tablespoons of water or milk, flavor as desired. Spread with a wet knife.

## WOULD SIT DOWN COULDN'T GET UP

And This Lady Would Do a Little Work and Have to go to Bed for an Hour.

Columbia, Tenn.—Mrs. Jessie Sharp, of this town, says: "I was a sufferer from womanly troubles for five years, and it got me down so I could not do any of my work. Would have to lie in bed nearly all the time. When I would sit down, couldn't get up without pulling at something to help me."

I would do a little work, and have to go to bed for an hour.

I would have those awful tremble spells and a swimming in my head. I surely felt that I had rather be dead than be in my condition.

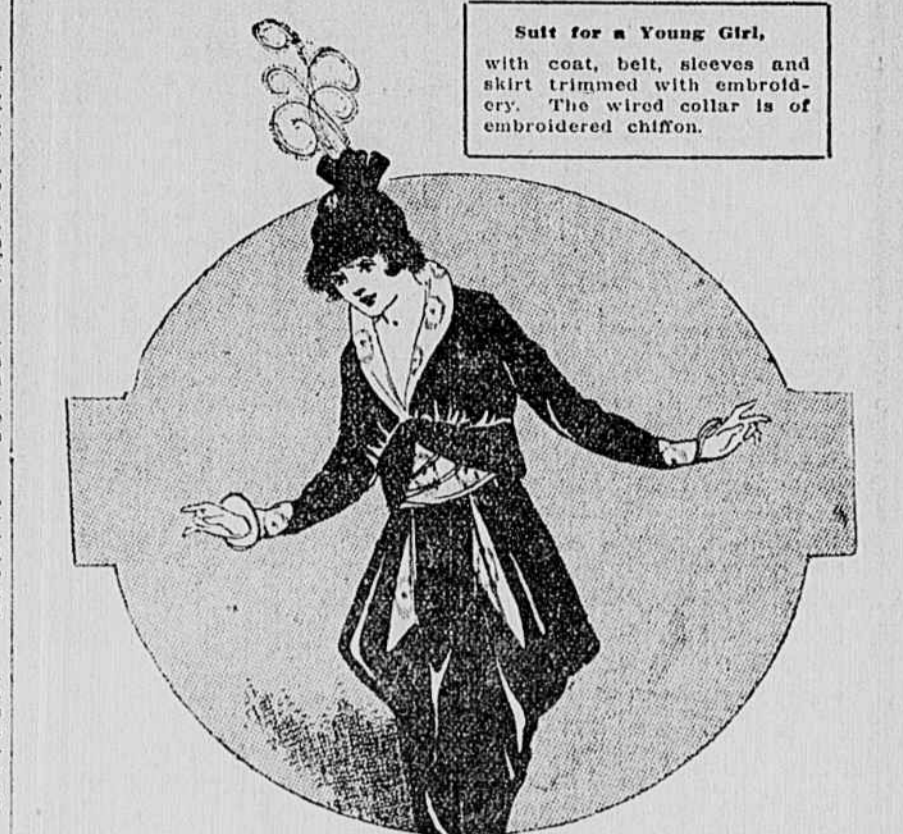
I finally wrote to the Ladies' Advisory Department of the Chattanooga Medicine Co., and they advised me to try Cardui, the woman's tonic, for my troubles. I did, and now I am sound and well of all my troubles. The second bottle helped me so much that I didn't have to go to bed any more.

I certainly feel that Cardui is worth its weight in gold to every suffering woman."

If you, lady reader, suffer from any of the ailments so common to women, try Cardui.

For more than 50 years Cardui has been used with entire satisfaction by hundreds of thousands of weak and ailing women. It will surely help you, too.

N. B.—Write to: Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions and 64-page book, "Home Treatment for Women," sent in plain wrapper, on request.—Advertisement.



## THE ECONOMICAL TEA

**BY FRANCES MARSHALL.**

A tea is probably the easiest way of repaying social obligations. In the first place, a tea is all-embracing. All your social obligations can be repaid at once. In the next place, a tea is much easier to manage if you have not much, either in the way of service or wealth, at your command than a luncheon or dinner or dance.

**WITHOUT SERVANTS.**

It is quite possible to give a delightful tea without servants. To be sure, there should be some one in the kitchen to wash spoons and cups, and other dishes as they come soiled from the dining-room. This can be a woman who comes in by the day, if there is no regular servant.

As for the other duties connected with a tea, they can all be performed by friends or members of the family. If there is a young son or daughter in the family, let him or her stand at the door to open it for the guests. In warm weather the door is sometimes left open, that guests may come and go as they please.

As for the duties of the hostess, they might be in the bedroom where hats and coats are removed to help with coats and to get pins or needles and threads, or anything else that might be needed by the guests.

As for the rest, the assistants of the hostess can do that. Of course, at a formal tea a servant would carry dishes to and from the kitchen and get hot water, fresh sandwiches and cakes. But any one would gladly perform these small duties. If the hostess is reticent about asking her guests to take the soiled dishes to the pantry or a table spread to receive them near the kitchen door, she might ask one especially well-known friend or some member of the family to do this.

As for the duties of the young women asked by the hostess to assist her to see that the guests are served with refreshments and to assist the ladies who pour tea or coffee or chocolate or serve frappe.

**REFRESHMENTS.**

If the tea is given without servants, the refreshments should be simple. Sandwiches, tea and coffee or tea and chocolate, and candies are all that are needed. Or tea and frappe, with cakes and salted nuts, can be served. If frappe is served, it should be offered to every one, just as the tea should.

Of course, napkins and plates—excepting the plates under the frappe glasses—are not necessary. The only dishes needed are glass cups for the frappe, cups and saucers for the tea or coffee and chocolate, plates to put under the frappe cups and spoons. The sandwich or cake passed with the coffee or tea is placed on the side of the saucer.

## MENU

**Breakfast.**

Steamed Eggs and Dates Cereal  
Breaded and Fried Smelts Coffee  
Toast

**Luncheon.**

White and Gold Omelette Biscuits  
Baked Potatoes Tea  
Steak and Mushrooms Potatoes  
Creamed Turnips Celery Salad Cheese  
Apple Tarts Coffee

**Dinner.**

White and Gold Omelette Biscuits  
Baked Potatoes Tea  
Steak and Mushrooms Potatoes  
Creamed Turnips Celery Salad Cheese  
Apple Tarts Coffee

**Supper.**

White and Gold Omelette Biscuits  
Baked Potatoes Tea  
Steak and Mushrooms Potatoes  
Creamed Turnips Celery Salad Cheese  
Apple Tarts Coffee

**Minicement.**

That Will Keep a Year and Be in Good Condition.

To make a minicement that will keep for twelve months, take one pound each of apples, suet, raisins, sultanas and currants, also a half a pound of figs. Chop them all fine or pass through a mincer. Then add one pound of granulated sugar, the juice and grated rind of two oranges, one grated nutmeg and one teaspoonful of allspice. If liked, one teaspoonful of brandy may be added. Mix well together, then put in pots and tie down tight.

**SHOPPERS' UMBRELLA.**

With a baculite knob, in which is a lead pencil.

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Sliced Ham, lb. .... 25c  
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Good Lard, lb. .... 12 1/2c  
Yellow Peaches, can .... 12 1/2c  
3 cans Best Corn .... 25c  
Fat Pork .... 11c

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9x12 ft., \$35, \$29.75  
grade, now

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Cluny Curtains, 3 yards, \$3.00 grade, \$2.48  
now, pair

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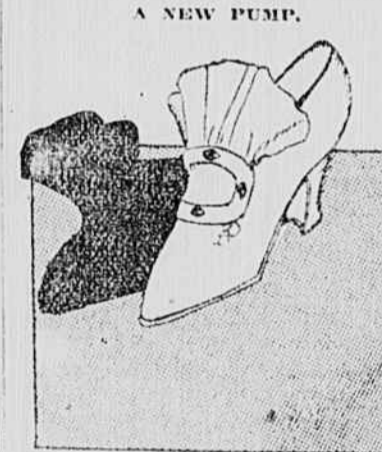
\$1.75 grade, \$1.29  
now, pair

**\$2.00 grade, \$1.68**

now, pair

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**ANDERSON'S CARPET HOUSE.**



that the plot had failed, and added that "one of my objects was to blow the Scots back into Scotland."

Fawkes was removed from the Tower the same night and was subjected to further examination the following day. He was so reticent in his giving of information that it was necessary to put him on the racks, which was done on the 8th. This so subdued his spirit that he gave a list of the conspirators, but without revealing any names. The next day, however, he gave the names of the men who he learned that some of them had been captured near Holbeach.

On Friday, January 27, 1606, Fawkes, with the two Winters, Grant, Rockwood, Keyes and Bates, were tried before a special commission in Westminster Hall. They all pleaded "not guilty," even to Fawkes. When Fawkes was asked how he could raise such a plea after his confession of guilt, he replied that he would not retract his statement, but the indictment implicated "the Holy Fathers" in the plot, which was unwarranted. All of the prisoners were found guilty as soon as their confessions were read. Sir Edward Dibley was then tried and convicted separately. Finally judgment of death was passed upon all.

On Friday, January 23, all the conspirators were drawn from the Tower to the old Palace at Westminster, where a scaffold had been erected. Fawkes was the last to mount. He was so weak and ill from torture it was necessary to help him up the ladder. He spoke briefly and asked forgiveness of the King and the state. His actions at the time of his execution were in strong contrast with those at the trial. Then he was defiant, even sarcastic.

His actions failed to elicit the slightest sympathy which might otherwise have been felt for him, for undoubtedly Fawkes was working as a tool for a number of other men very much higher up. The attempt to make the Gunpowder Plot a religious rather than a political conspiracy for the most part failed.